

Kentucky Hot Brown

READY IN



15 min.

SERVINGS



2

CALORIES



1656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 4 slice bacon thick cut crisp cooked
- 3 tablespoons flour
- 1 pint cup heavy whipping cream
- 2 servings pepper black freshly ground
- 1 Dash paprika
- 1 tablespoon parsley minced
- 3 ounces pecorino cheese grated
- 2 slices buttered toast hearty

- 4 slices tomatoes ripe (optional, if in season)
- 8 ounces deli- turkey sliced

Equipment

- sauce pan
- oven
- whisk
- broiler
- toaster

Directions

- Preheat broiler or toaster oven to high. Melt butter in a small saucepan over medium-high heat.
- Add flour and whisk to combine. Continue to cook, whisking constantly until pale golden blond, about 1 minute. Slowly pour in heavy cream, whisking constantly. Bring to a simmer then remove from heat.
- Whisk in grated cheese, then season to taste with salt and pepper.
- Place 1 slice toast in the bottom of each gratin dish and top each with half of the roasted turkey.
- Pour half the sauce over each sandwich, completely coating it.
- Place under broiler until spotty brown and bubbly, 2 to 3 minutes.
- Place 2 slices of bacon in a cross on top of each dish and sprinkle with parsley and paprika.
- Add 2 slices tomato to each dish if using.
- Serve immediately.

Nutrition Facts

PROTEIN 11.98% FAT 79.74% CARBS 8.28%

Properties

Glycemic Index:134.5, Glycemic Load:7.22, Inflammation Score:-10, Nutrition Score:35.93130482798%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 1656.22kcal (82.81%), Fat: 147.87g (227.49%), Saturated Fat: 83.25g (520.33%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 32.95g (11.98%), Sugar: 10.78g (11.98%), Cholesterol: 460.02mg (153.34%), Sodium: 2338.49mg (101.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.98g (99.97%), Vitamin A: 4849.22IU (96.98%), Phosphorus: 900.73mg (90.07%), Selenium: 53.33µg (76.19%), Calcium: 669.71mg (66.97%), Vitamin B3: 13.08mg (65.39%), Vitamin B2: 0.97mg (57.34%), Vitamin K: 48.03µg (45.74%), Vitamin B6: 0.84mg (42.06%), Vitamin B1: 0.51mg (33.83%), Vitamin D: 4.51µg (30.09%), Potassium: 1012.02mg (28.91%), Vitamin B12: 1.67µg (27.91%), Zinc: 3.94mg (26.3%), Vitamin E: 3.6mg (24%), Magnesium: 80mg (20%), Folate: 72.26µg (18.06%), Vitamin B5: 1.72mg (17.18%), Iron: 2.88mg (16.02%), Manganese: 0.28mg (14.06%), Vitamin C: 11.48mg (13.91%), Copper: 0.18mg (8.97%), Fiber: 1.61g (6.44%)